



PREFACE



New Jersey currently has the highest rate of childhood obesity in the entire nation for 2 - 5 year old low-income children for those states that collect this data. Current research suggests *opportunities* where child care settings play a key role in prevention.

This Child Care Tool Kit was created by the Child Care Setting Workgroup of **ShapingNJ**. This group is dedicated to improved health and wellness of children in early care and education as well as afterschool care. Important evidence-based strategies that have potential to impact **childhood obesity** in both New Jersey and across the nation in the child care setting population include:

- Require child care and afterschool programs – as a condition of licensing – to meet evidence-based standards for nutrition, physical activity, TV viewing limitations and breastfeeding support.
- Ensure child care providers receive training in these areas.

We encourage all to use these At-A-Glance tools to help translate current best practices that are aimed at decreasing obesity in our young children. We will be highlighting a particular subject periodically.

Overview: ShapingNJ Child Care Best Practices Tool Kit

Audience: Child care center and afterschool staff, providers & early care and education administrators

GOAL: Develop a *simple and easy to use* tool kit that will be *created and owned* by Child Care workgroup members/organizations/practitioners and used by *other* organizations across the state.

PURPOSE: To accelerate change in New Jersey related to obesity prevention in early childhood by providing low cost (preferably free), safe and appealing best practice options for young children.

A sampling of what this kit might include:

- a. Fact sheets for birthday celebration alternatives and snack ideas
- b. Power point presentation for new child care licensing requirements
- c. Reviews of appropriate child care obesity prevention curricula
- d. Model policies

CRITERIA: Early care and education materials and afterschool resources that are evidence-based/best practices, from authoritative sources (federal, foundation, Institute of Medicine (IOM), Centers for Disease Control & Prevention (CDC), etc.), and that are *user friendly*, low cost or free, and available to the public. *Select* materials are offered for programs that are interested in *for-purchase* materials.

Note: this kit is not meant to be comprehensive as of June 1, 2012 but rather a *work in progress* with more materials added over time as the need arises. At the start, chapters and sub-chapters were planned with content to be inserted over time based on user demand, regulatory changes and as new guidance become available. We intend to use existing materials (i.e. Let's Move Child Care & **co-brand if possible - with permission**). This compilation has resulted from workgroup member contributions that have been shared, borrowed from other sources and customized for local use. Inclusion in this document does not reflect an endorsement of materials.

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